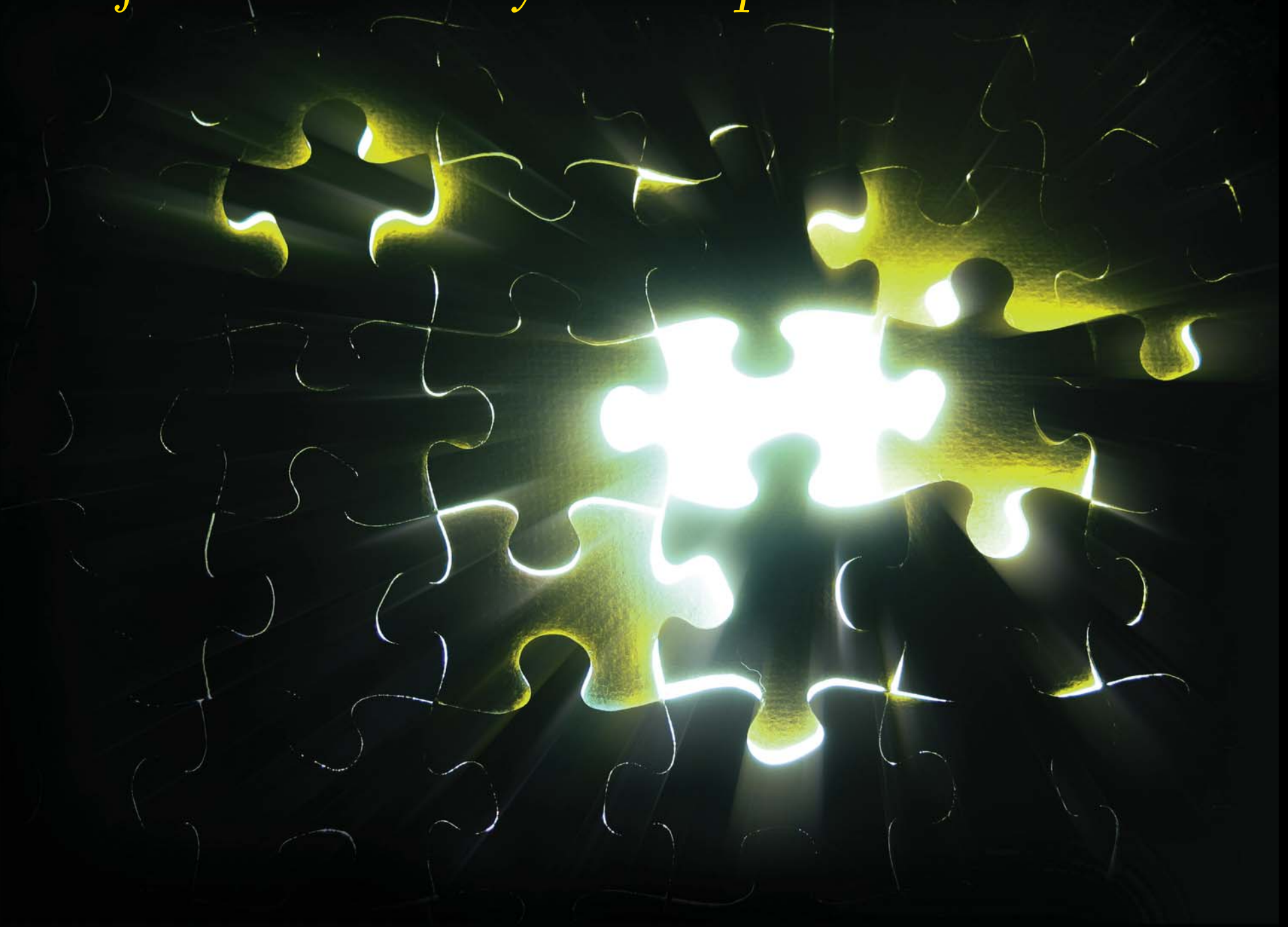


# How do you make meaning when life doesn't make sense?

*Your faith community can help.*



## DID YOU KNOW?

- Research shows that spirituality and religion can provide coping resources, enhance physical health and recovery, and reduce the risk of substance abuse, depression, and suicide.
- Protective factors include having religious and moral beliefs, possessing a purpose for one's life, having community support, and making a commitment to others.

Please take one →

## SUPPORT TAKES MANY FORMS. CHOOSE THE ONE THAT IS RIGHT FOR YOU.

1. *Suicide Prevention Lifeline: 1-800-273-TALK*
2. *American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)*
3. *Suicide Prevention Resource Center: [www.sprc.org](http://www.sprc.org)*
4. *American Foundation for Suicide Prevention: [www.afsp.org/](http://www.afsp.org/)*
5. *People Prevent Suicide: [www.peoplepreventsuicide.org](http://www.peoplepreventsuicide.org)*
6. *Fierce Goodbye: [www.fiercegoodbye.com](http://www.fiercegoodbye.com)*

